

Hello, I'm Gloria Krahn, director of the Division of Human Development and Disability at the CDC, speaking to you as part of the CDC Expert commentary series on Medscape.

In my 25 years of working in childhood development, I have witnessed firsthand the impact that healthcare interventions can have on a person's quality of life.

Today, I am pleased to tell you about an important development that will help improve quality of life for people who have Duchenne muscular dystrophy.

For the first time, comprehensive care considerations are now available to help guide care management of Duchenne muscular dystrophy.

The new considerations demonstrate how diagnosis and management of Duchenne can occur in a coordinated, multidisciplinary fashion. These care considerations were recently published in *The Lancet Neurology*^[1,2] and are intended for the wide range of practitioners who care for people with Duchenne.

Duchenne muscular dystrophy is a rare, severe disease that affects mainly males. It is characterized by progressive muscle weakness affecting multiple body systems requiring coordinated management from various disciplines. Although guidelines for treating aspects of Duchenne have been available before now, this is the first time that comprehensive clinical care considerations have existed to assist health professionals.

These care considerations are the result of several years of hard work. This project was supported by CDC and involved 84 national and international experts who evaluated assessments and interventions used to manage the care of people who have Duchenne muscular dystrophy.

The Duchenne care considerations are an invaluable tool for those who care for people who have Duchenne muscular dystrophy.

I encourage all healthcare professionals to learn the signs and symptoms of Duchenne muscular dystrophy, and to share this information with families and allied health professionals.

Investigating developmental delays, including motor delays, is a critical step to improving a person's quality of life.

We appreciate your service as healthcare professionals in the diagnosis and management of rare diseases such as Duchenne muscular dystrophy.

For more information about Duchenne muscular dystrophy or the new comprehensive care considerations, please see the resources on this page or visit the CDC Web site.

Thank you.

Web Resources

CDC: Duchenne/Becker Muscular Dystrophy (DBMD). Available at <http://www.cdc.gov/ncbddd/duchenne/index.htm> Accessed February 23, 2010.

CDC: National Center on Birth Defects and Developmental Disabilities. Available at <http://www.cdc.gov/ncbddd/index.html> Accessed February 23, 2010

New Management Guidelines for Duchenne Muscular Dystrophy. Available at <http://www.medscape.com/viewarticle/714828> Accessed February 23, 2010.